



## Firefighter/EMT Newsletter City of Saint Paul

### Firefighter/EMT Newsletter

Bi-weekly updates on the upcoming Firefighter/EMT hiring process.

#### Spotlight Feature:

*Spotlight features different staff from the Fire Department in each newsletter.*



**"You never know where you will end up if you don't try."**

**Karin | Fire Equipment Operator | 10 Years of Service**

**What do you love and/or enjoy about your job and working for the City of Saint Paul?**

I love that it's not a desk job, it's always different, the schedule, the flexibility we get, being physical, helping people in need, meeting all walks of life daily and the feeling of making a difference. I love the comradery between co-workers and the two families we all have working for Saint Paul. The relationships you develop living with and working closely with co-workers in the situations

### Hiring Process

Now accepting applications online for Firefighter/EMT through Monday, **April 30, 2018, 4:30 p.m.**

Firefight/EMT Written Exam is scheduled for **June 1, 2018**. See more information below.

Candidates must submit an online job application and an application fee of \$50. Economic hardship waivers will be available for those who qualify. The application fee does not apply to City of Saint Paul residents. Applicants must live in the City limits and submit proof of residency in order to have the fee waived.

*Payments can be made online or by cash in person at the Office of Human Resources at 200 City Hall Annex, 25 W. 4th Street, Saint Paul, MN 55102.*

Please visit [www.stpaul.gov/firefighter](http://www.stpaul.gov/firefighter) for more information.

### Firefighter/EMT

**Salary:** \$51,376 - \$74,651

Performs work as directed by a superior, in the protection of life and property from fire and other hazards, the extinguishing of fires, the treatment of medical emergencies, and the inspection of property.

we encounter isn't something taken lightly. I feel like I have too many brothers and sisters to count!

### What did you do to prepare for the testing process when you applied?

When I prepared to take the test I found a civil service test prep book to help with the written test. As far as the physical test prep I bought a weight vest to wear around, ran stairs with a sandbag, and built a keiser sled replica with a log of wood and sledge hammer to simulate that movement. During my exercises I pushed myself to a point I had never felt during regular workouts. Now they have more physical prep sessions and opportunities to practice with the actual equipment from the test and a workout training manual on the city website. My advice is to utilize that to maximize your success.

### How does an EMT differ from a Paramedic?

On this job we do a lot of medical 911 calls so we need to have either an EMT certification or a Paramedic certification. While someone doesn't need to be an EMT to apply they must have the EMT certification to get an interview. An EMT and Paramedic work together side by side every day on the ambulance. The EMT is an entry level certification and a Paramedic is a more advanced level of prehospital care. It generally takes less than 6 months to become an EMT and one to two years to become a Paramedic. Paramedics will do all the skills that an EMT will do, plus a Paramedic will perform advanced lifesaving skills such as intubations, IV's, and drug administration.

## Firefighter/EMT Fitness & Engagement Program

This program will host workout sessions lead by Saint Paul Firefighters and our partnered gyms at various locations throughout the City. This is a great way to familiarize yourself with our Firefighters, prepare for the upcoming physical performance test, and stay engaged! Information on the dates and times can be found in the upcoming Firefighter Newsletters, so stay tuned for more!

Click here to see a video of the Firefighter Physical Performance Test: [Video Link](#).



**Upcoming sessions will be held on:  
April 14, 2018 | 10:00 A.M. - 12:00 P.M.**

Click on the link below to see the detailed job announcement:  
[Firefighter/EMT](#)

*To be considered for the first round of interviews tentatively scheduled for October 2018, with an anticipated academy start date of January 2019, your State of Minnesota EMT Certification will need to be obtained by **October 1, 2018**.*

## Past Event Recap: Fitness & Engagement Session



*Photo credits to The Athlete Lab*

Thank you to The Athlete Lab for hosting a killer workout! If you're interested in making this your permanent gym, click on the link below to get information on becoming a member. [Membership Link](#)

## Training Tip:

### Firefighter/EMT Physical Performance

Saint Paul Fire Department has designed beginning phase of training for the Saint Paul manual is only a sample of exercises to increase the intensity and frequency of yo

Part 1 - Training Manual

[Part 2 - Workout Calendar Sample](#)

[Part 3 - Workout Calendar Blank](#)

[Part 4 - Exercise Appendix](#)

[Part 5 - Prep Guide](#)

Saint Paul Fire Department has designed a training manual written for individuals who are in the beginning phase of training for the Saint Paul Firefighter/EMT Physical Performance Test. This manual is only a sample of

**North Dale Recreation Center**

1414 St Albans St N, Saint Paul, MN 55117

\*There is no registration for this session, but please [RSVP](#).

**May 01, 2018 | 4:30 P.M. - 6:30 P.M.****YWCA of St. Paul**

375 Selby Ave, Saint Paul, MN 55102

\* This is a free session, but space is limited so sign up! [Register here](#).

**Firefighter/EMT Career Information Session**

You've signed up for the newsletters and attended a few of the Fitness & Engagement Sessions but do you know where and how to apply? Make sure you attend at least one Career Information Session! The Career Information Sessions are optional but we strongly encourage you all to attend. We will have a Firefighter/EMT panel, review the hiring process, and give out information on resources to help you through the application process!

**Washington Magnet School – Great Hall**

1495 Rice Street, Saint Paul, MN 55117

April 7, 2018, Saturday

10 am – 12 pm

**The Wellstone Center – Auditorium**

179 Robie Street E, Saint Paul, MN 55107

April 16, 2018, Monday

6 pm – 8 pm

There are no registrations for the information session, however please [RSVP](#).

exercises to get you started. As you progress it is recommended to increase the intensity and frequency of your workouts.

**[Training Manual](#)**

Check out this video SPFD put together with detailed information breaking down the Physical Performance Test and ways to train for the different sections of the Physical Performance Test: [Video Link](#)

**EMS Academy**

The Saint Paul Emergency Medical Services (EMS) Academy is an intensive, tuition-free emergency medical technician (EMT) certification and firefighter awareness program. This is a paid training which lasts 240 hours over 10-14 weeks.

We are now accepting applications through **April 30, 2018**. See job announcement for requirements.

**[EMS Job Announcement](#)**

For more information, please visit: [EMS Academy](#)

**Saint Paul Fire Fact**

## Written Exam Information

# May 2018

### Firefighter Tutorial Schedule

The same tutorial will be held at five locations and various times. Each tutorial will be approximately 3.5 hours. Participants should bring the FSAB Assessment Preparation Guide. You are not required to attend a tutorial.

For assistance please contact: 651-266-6509 or [Jerutha.Wynn@ci.stpaul.mn.us](mailto:Jerutha.Wynn@ci.stpaul.mn.us)



### Written Exam Tutorials

Apply early to receive access to the online written exam preparation guide and tutorial information. You can also refer to the [Firefighter/EMT Job Announcement](#).

### The Firefighter/EMT Written Exam Time and Location

The exam is scheduled for **Friday, June 1, 2018**. The exam will begin promptly at 10:30 a.m. and conclude by 3:30 p.m. The exam will take place at the Saint Paul RiverCentre (175 Kellogg Blvd, Saint Paul, MN 55102).

No make-up exams will be given.



*Firefighter training for confined space rescues.*

Did you know that it takes a minimum of 114 Firefighter/EMTs a day to keep all 16 stations running?

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## Criminal Expungement Clinics

We recognize that during a background check a criminal conviction can be a barrier for people to obtain their EMT Certification.

Did you know that the Saint Paul Rondo Community Library offers a free Criminal Expungement Clinic? Come listen to the Volunteer Lawyers Network explain MN Expungement Law and how it applies to you.

All clinics are open from 12 PM - 3 PM

April 06 - Arlington Hills Community Center  
April 13 - Sun Ray Library  
April 20 - Rondo Library

For more dates, [click here](#).

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## Southern Minnesota Regional Legal Services

Southern Minnesota Regional Legal Services (SMRLS) provides a full range of high quality legal services to low income persons and eligible

client groups in civil matters.  
For expungement assistance,  
contact SMRLS St. Paul  
Telephone Intake at 651-222-  
4731. [SMRLS Link](#)

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**For More Information**

Visit our Firefighter website: <http://www.stpaul.gov/firefighter> or 651-228-6279  
For more questions, contact Anita Vue at [anita.vue@ci.stpaul.mn.us](mailto:anita.vue@ci.stpaul.mn.us)

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